

Crompton House

Year 9

Recipe Booklet

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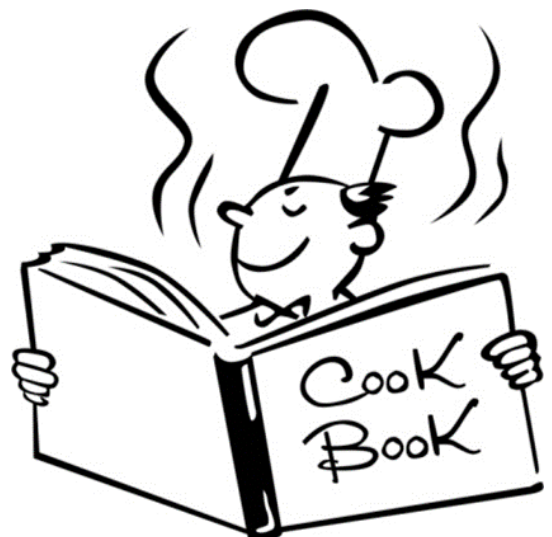
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Topic: Nutrition

Bolognese Sauce

Ingredients student need to bring:

250g mince beef
400g can of chopped tomatoes
1 onion

Ingredients supplied by school:

1 tbsp oil
1 clove garlic
1 x 15ml tomato puree (1 tbsp)
1 tsp mixed dried herbs (5ml)
50ml water if required



Method

1. Peel and finely dice the onion.
2. Peel and crush garlic
3. Put 1 tbsp. oil into a saucepan, and add the garlic and onion.
4. Gently cook onion and garlic for 2-3mins until soft.
5. Add minced meat and cook until brown.
6. Add tinned tomatoes, tomato purée, mixed herbs and 50ml water if required.
7. Simmer for 15mins.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Nutrition

Tuna & Broccoli Pasta Bake **(pair work)**

Ingredients supplied by school

100g pasta
100g broccoli (fresh or frozen)
100g tinned tuna
40g cheddar cheese
25g margarine
25 plain flour
250ml milk
1 x 15ml dried oregano (1 tsp)



Method

1. Bring a saucepan of water to the boil, and add pasta. Simmer for 10-12 mins, until al dente.
2. Grate the cheese and cut broccoli into small florets.
3. Drain tinned tuna in a sieve over the sink
4. While the pasta is cooking, prepare the cheese sauce by placing margarine, flour and milk into a clean saucepan. Put to one side.
5. During the last 5 minutes of the pasta boiling, add the broccoli to the pasta
6. When pasta and broccoli have cooked, drain in a colander over the sink
7. Place pan of cheese sauce ingredients onto the hob and heat gently, whisking continuously with a hand whisk until the sauce thickens.
8. Once the sauce thickens, remove from heat and add half of the grated cheese, whisking until it melts into a smooth consistency
9. Pour the pasta and broccoli into the pan of cheese sauce
10. Stir in the drained tuna and oregano
11. Pour into two ovenproof dishes
12. Sprinkle remaining cheese on top and grill until cheese is bubbling and golden

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Nutrition

Wholemeal Eggless Sponge

This is a healthy and tasty variation of the classic Victoria sponge cake, and is suitable for vegans and those on a low fat diet.

Ingredients supplied by school:

125g wholemeal self-raising flour

1 tsp baking powder

90g caster sugar

3 tbsp oil

125ml water

½ tsp vanilla essence

50g dried fruit

Caster sugar for dusting



Method

1. Preheat oven to 180°C
2. Lightly grease a round cake tin with a brush of oil, and greaseproof paper.
3. Add flour, sugar, and baking powder into a mixing bowl, and stir well with a wooden spoon.
4. Add oil, water and vanilla essence. Mix with a wooden spoon to a smooth consistency.
5. Stir in the dried fruit.
6. Pour mixture into the lined cake tin.
7. Bake in oven for 20-25mins until well risen and golden brown.
8. Remove from oven.
9. Release the cake from cake tin, and peel off greaseproof paper.
10. Sprinkle cake with a little caster sugar.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Nutrition

Leek and potato soup

Ingredients students need to bring:

- 1 leek
- 1 large potato
- 1 onion

Ingredients supplied by school:

- 2 tbsp oil
- 1 vegetable stock cube (550ml stock)
- 300ml milk



Method

1. Add stock cube to measuring jug and add 550ml boiled water, stirring until the stock cube is dissolved.
2. Peel and finely dice the onion
3. Top and tail the leek, wash and evenly slice
4. Peel and chop potatoes into small cubes - wash to remove any dirt
5. Put 2 tbsp oil into a saucepan and gently heat
6. Add the leeks and onion and gently cook until soft.
7. Add the stock and potatoes to the pan and season
8. Turn down heat and simmer for 15-20mins until potatoes are soft
9. Turn off heat and leave to cool for 5mins
10. Add the milk and stir in.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Bakery & Raising Agents

Pineapple upside down pudding

Ingredients supplied by school:

- 100g self raising flour
- 100g margarine
- 100g caster sugar
- 2 eggs
- 1 pineapple ring
- 1 glace cherry
- 2 tbsp golden syrup



Method

1. Preheat the oven to 180°C
2. Grease and line a cake tin
3. Cover the bottom of the cake tin with a thin layer of golden syrup
4. Place a pineapple ring at the bottom of the cake tin (in the middle of tin)
5. Place a glace cherry inside the pineapple ring
6. Add flour, margarine, caster sugar and eggs into a mixing bowl.
7. Using a wooden spoon, beat the mixture until light and fluffy.
8. Place in oven and bake for 30-35mins until golden brown
9. Carefully turn the sponge out of the cake tin so the pineapple facing upwards
10. Remove the greaseproof paper and allow to cool

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Bakery & Raising Agents

Swiss roll

Ingredients supplied by school:

3 eggs
75g caster sugar
75g plain flour
4 tbsp jam
Caster sugar for dredging

Method



1. Preheat the oven to 220°C
2. Grease and line a swiss roll tin
3. In a clean mixing bowl place the eggs and sugar
4. Using an electric whisk, whisk together the eggs and sugar until it leaves a pale and thick trail of mixture
5. Carefully fold in the flour with a metal spoon
6. Pour mixture into the swiss roll tin and spread out lightly ensuring mixture goes into the corners
7. Bake in oven for 8-10mins
8. Place a clean tea towel onto the work surface
9. On top of the tea towel place a piece of greaseproof paper and sprinkle the paper with caster sugar
10. After 8-10 mins remove swiss roll from the oven and turn out onto the grease-proof paper
11. Quickly trim edges of the spring roll
12. Spread swiss roll with jam and using the cloth and greaseproof paper, quickly roll up tightly
13. Dredge with sugar and allow to cool

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Bakery & Raising Agents

American muffins

Ingredients students need to bring:

100-150g bag of chocolate chips

or

150g blueberries

or

150g dried fruit



Ingredients supplied by school:

250g self raising flour

140g caster sugar

1 tsp bicarbonate soda

80ml oil

2 eggs

200ml milk

1 tsp vanilla essence

Method

1. Preheat the oven to 180°C
2. Measure 200ml milk in a measuring jug
3. Add the eggs, oil, and vanilla essence to the milk and whisk with a fork
4. Place flour, sugar and bicarbonate of soda into a mixing bowl and mix well
5. Pour the milk mixture into the dry ingredients and combine thoroughly with a wooden spoon until an even consistency
6. Stir in any berries, chocolate chips or dried fruit
7. Spoon mixture evenly into 12 muffin cases and bake for 15-18mins until well risen and golden

Topic: Bakery & Raising Agents

Bread rolls

Ingredients supplied by school:

250g strong flour
1 tsp or 1 sachet dried yeast (easy bake kind)
1 tsp salt
150ml warm water
1 tbsp oil
Milk to glaze



Method

1. Preheat the oven to 200°C.
2. Put flour, salt and yeast in a mixing bowl. Stir with a wooden spoon.
3. Measure 150ml warm water in a measuring jug
4. Add 1 tbsp oil to the water
5. Make a well in the centre of the flour
6. Pour the water into the flour and mix together until a soft dough forms.
7. On a floured surface, knead the dough for 5-10mins.
8. Divide the dough into 4 equal pieces.
9. Knead each piece of dough into a circle to form bread rolls.
10. Grease a round cake tin, and place the rolls into the tin.
11. Place tin in a warm place, and allow the dough to double in size.
12. Once dough has risen, glaze tops with milk
13. Bake for 15-20mins, until the rolls are golden and sound hollow when tapped on the base.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Bakery & Raising Agents

Soda Bread

Ingredients supplied by school:

250g plain flour

1/2 tsp salt

1 tsp bicarbonate of soda

150ml natural yoghurt

(1 tbsp milk if needed)



Method

1. Preheat the oven to 220°C
2. Add the flour, salt and bicarbonate of soda into a mixing bowl and stir.
3. Make a well in the centre of the flour and pour in the yoghurt , mixing quickly with a large fork to form a soft dough. (Depending upon the absorbency of the flour, you may need to add a little milk if the dough is too stiff but it should not be too wet or sticky.)
4. On a lightly floured work surface knead the dough briefly.
5. Form dough into a circle shape and flatten the slightly before placing on a lightly floured baking sheet.
6. Cut a cross on the top and bake in oven for about 30 minutes or until the loaf sounds hollow when tapped.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Foods around the world

Britain - Toad in the hole

Ingredients supplied by school:

- 2 vegan sausages
- 100g plain flour
- 250ml milk
- 1 egg
- 1 tbsp oil

Method

1. Preheat the oven to 200°C.
2. Grease an ovenproof dish with oil.
3. On a red chopping board, cut each sausage in half.
4. Place the sausages in the ovenproof dish and place in oven for 15-20mins until sausages are brown.
5. While sausages are in the oven, put flour into a mixing bowl, and add a pinch of salt.
6. Measure milk in a measuring jug.
7. Crack egg into the jug of milk, and beat well.
8. Make a well in the centre of the flour.
9. Pour the egg and milk mixture into the flour well, a little bit at a time. After each addition of liquid beat the mixture with a hand whisk until smooth. Repeat this, until all the egg mixture has been added.
10. Remove the ovenproof dish from the oven. The sausages should be sizzling.
11. Pour the batter equally over each sausage.
12. Put the tray back into the oven and cook for 15-20mins, until the batter is golden and well risen.



NOTE: Students MUST bring a suitable sized container with a lid

Topic: Foods around the world

India - Rogan Josh

Ingredients students need to bring:

- 1 chicken breast
- 2 tomatoes
- 1 onion
- 1 can chopped tomatoes

Ingredients supplied by school:

- 1 tbsp oil
- 1 clove garlic
- 1 x 15ml Rogan josh curry paste



Method

1. Peel and finely dice the onion.
2. Peel and crush the garlic.
3. Wash and chop fresh tomatoes into quarters.
4. With a sharp knife, cut chicken breast into even bite-size pieces.
5. Put 1 tbsp oil into a saucepan and add chicken.
6. On a medium heat, fry the chicken until thoroughly cooked.
7. Add the onion and garlic to the chicken and cook for 1 min until soft
8. Add curry paste, and stir well to ensure paste coats all ingredients
9. Stir in tinned chopped tomatoes, and simmer for 10mins until sauce thickens.

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Foods around the world

Spanish Chorizo & Butterbean Stew

Ingredients students need to bring:

- 1 onion
- 250g chorizo sausage **or** 1 chicken breast
- 2 sticks celery (if you don't like celery bring an extra pepper)
- 1 pepper
- 400g tin chopped tomatoes
- 400g tin of butterbeans (or any type of canned beans including baked beans)



Ingredients supplied by school:

- 2 cloves of garlic
- ½ tsp paprika
- 2 tablespoons oil
- ½ tsp chilli powder
- Chicken stock cube

Method

1. Peel and finely dice the onion
2. Wash and evenly slice the celery sticks
3. Wash, deseed and slice the pepper
4. On a red chopping board slice the chorizo or if using chicken breast, dice into bitesize pieces.
5. Heat oil in a pan and fry chorizo until golden (or chicken breast)
6. Add chopped onion, pepper and celery. Fry until softened
7. Sprinkle in the paprika and chilli powder
8. Add the tinned tomatoes and drained butterbeans (or baked beans), simmer for 10 minutes
9. Remove from heat, pour into the container and leave to cool

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Food science

Lemon Meringue Pudding (Pair work)

Ingredients supplied by school:

Lemon sauce

1 lemon
150ml boiling water
15g cornflour (1 tbsp)
15g margarine
40g caster sugar
2 egg yolk

Meringue topping

2 egg whites
60g caster sugar



Method

1. Preheat the oven to 170°C

Make the lemon sauce:

1. Finely grate the rind off 1 lemon
2. Cut lemon in half and using a lemon squeezer, extract the juice
3. In a measuring jug blend 1 tbsp cornflour with 2 tbsp cold water to form a smooth liquid
4. Add the lemon juice and lemon rind to the cornflour mixture
5. Stir in 150ml boiling water and pour in a saucepan
6. Add margarine and sugar to the saucepan
7. Gently heat and stir with a hand whisk until the sauce thickens and becomes clearer. Remove from heat and leave to cool

Make the meringue:

1. In a separate mixing bowl add **2 egg whites**. Keep **egg yolks** in a small dish
2. Using an electric whisk, whisk the **egg whites** until soft and stiff
3. Gently stir sugar into egg white mixture
4. Stir egg yolks into the **cooled lemon sauce** and pour sauce into ramekins or an ovenproof dish
5. Spoon the meringue over the lemon filling and lift with a spoon to form peaks
6. Place ramekins in a roasting tin with a little hot water in the base of the roasting tin to protect the lemon sauce during cooking
7. Bake in oven for 20 mins until the meringue is crisp and slightly golden.

Lemon Meringue Pudding

The Science Bit

- There's a lot of science going on in this dish.
- The starch used in the cornflour swells, absorbs the water and gelatinises. This makes a smooth, thickened, clear lemon sauce.
- The protein in the egg yolks when heated in the oven denatures, coagulates and forms a network through the lemon sauce which makes it thicken a bit more.
- The egg whites are beaten to form a foam. The egg white protein, albumen, uncoils and forms a network trapping the air.
- When the meringue cooks, the air expands and pushes up the protein which denatures, coagulates and sets, forming the crisp meringue.
- The cornflour and water mixture is thick for a short time, but breaks down with further heating and water is forced out. This process is known as retrogradation.
- When cold, starch sets the mixture by a process of gelation.

Keywords

Coagulation

Foams

Gelatinisation

More recipes with egg foams

Mini meringues

Swiss roll

Cheese and chive souffle

Souffle omelette



Topic: Food science

Cheese & onion pastie

Ingredients supplied by school:

100g plain flour
50g margarine
80g cheese
1/2 onion
1 egg
2-3 tbsp cold water



Method

1. Preheat oven to 200°C.
2. Put flour and margarine into a mixing bowl.
3. Using your fingertips, rub the fat into the flour, lifting the mixture high above the bowl as you rub in until it resembles fine breadcrumbs.
4. Slowly add 2-3 tbsp of cold water, a little at a time.
5. Mix enough water to form a soft dough.
6. Dust the work surface with flour.
7. Using a rolling pin, evenly roll the pastry into a circle shape.
8. Place a small bowl over the pastry and cut around it using a sharp knife.
9. Grate cheese.
10. Finely dice the onion.
11. Place the cheese and onion into the centre of the pastry circle.
12. Brush the pastry edges with cold water.
13. Fold pastry to form a semi-circle, and seal edges.
14. Flute edges for an attractive finish.
15. Place on a baking tray and place in oven for 15-20mins until golden brown

NOTE: Students MUST bring a suitable sized container with a lid

Topic: Food science

Cauliflower cheese

Ingredients students need to bring:

1 cauliflower

Ingredients supplied by school:

25g margarine

25g plain flour

250ml milk

70g cheese

1/2 tsp spoon mustard powder



Method

1. Fill a saucepan halfway with cold water and bring to the boil.
2. Remove the green leaves cauliflower and cut into florets.
3. Grate the cheese.
4. Add cauliflower to boiling water and simmer for 5-6 minutes.
5. Once cauliflower is soft, using a colander, drain in the sink.
6. Place cauliflower into a heat proof dish.

Make cheese sauce

1. Put flour, mustard powder, margarine, and milk into a saucepan.
2. Place pan on hob and gently heat, whisking continuously until sauce thickens.
3. Once sauce has thickened, turn off heat and remove pan from hob.
4. Add two thirds of the grated cheese to sauce, and whisk until it melts to a smooth consistency
5. Pour sauce over the cauliflower.
6. Sprinkle the remaining cheese on top.
7. Place under a hot grill, until golden.

NOTE: Students MUST bring a suitable sized container with a lid

Christmas

Christmas shaped shortbread

Ingredients students need to bring:

150g plain flour
100g margarine
50g caster sugar



Method

1. Preheat oven to 180°C
2. Put flour and sugar into a mixing bowl and mix together with a wooden spoon.
3. Rub margarine into the flour with fingertips until mixture sticks together.
4. Gently knead mixture until it forms a soft ball.
5. Dust the work surface with flour.
6. Roll out the dough to a thickness of 1cm.
7. Using the pastry cutters, cut out the biscuit shapes.
8. Place biscuits onto a baking tray, and bake in oven for 15-20mins until golden.
9. Remove from oven, and sprinkle with caster sugar.

NOTE: Students MUST bring a suitable sized container with a lid